

## Centennial Recreation Senior Center 171 W. Edmundson Ave., Morgan Hill Activities and Special Events for Adults 50+

Hours: 8am-3pm Monday-Friday

Susan Fent—Senior Center Director Denise Melroy—Program Assistant Patricia Wyman—Senior Café' Manager Sandra Madriles—Cook Alma Ramos—Kitchen Aide

CENTENNIAL RECREATION CENTER TOGETHER WITH THE YMCA		Activities and Special Events for Adults 50+			Monday-Friday Alma Ramos—Kitchen Aide Contact us: 782-1284		
Other Fitness Programs	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Senior Center is part of a larger multigenerational facility, partnered by the City of Morgan Hill and the Mt. Madonna YMCA. In addition to the programs being offered at the Senior Center, the Centennial Recreation Center (CRC) offers a wide array of fitness and aquatic programs for all ages. Visit the front desk of the CRC or		Monday's Ongoing Programs Walking Group 9:00 am Creative Writing 9:30 am Bingo 10:30 am Bridge 1:00 pm Duplicate Bridge 6:30 pm	Tuesday's Ongoing Programs Scrapbooking 10:00 am Senior Aerobics 10:00 & 11:00 am Chair Yoga 10:30 am Line Dancing 1:00 pm 50+ Pilates 2:00 pm	Wednesday's Ongoing Programs Drawing for Dummies 10:00 am Bingo 10:30 am Chair Tai Chi 10:30 am Computer Co-Pilots 12 pm Laptop Users 12 pm Wii Bowling 1 pm Tai Chi for Wellness 6:30 pm (at the CCC)	Senior Aerobics 10:30 am		Saturday's Ongoing Programs Women's 50+ Basketball 10:00 am
the Senior Center for a listing	380 36	38036	380 36	380 gs	38-0-36	38-0-8e	380-36
Free Computer Use with Access to Wi-Fi Weekdays 8am-10pm (50+ Age specific hours weekdays 8am-3pm)  Morgan Hill Senior Café Lunch served weekdays at						1 Music and Dancing with Fred Schulze 11:00 am Coffee with the Mayor 11 am Dementia Caregiver Support Group 2:00 pm Senior Ball 5:00 pm	2 Osher Lifelong Learning Institute "Mr.Jefferson at Home" 10:00-12:00 Golf Lessons 12:00 pm
	3	4 Osher Lifelong Learning Institute - "21st Century Mission for Public Schools" 10:00 am Movie Matinee - 1 pm "Secondhand Lions"	5 Cinco de Mayo "How to Stay Safe in Your Home" 11:00 am Dementia Caregiver Support Group 6 pm	6 Photography Club 7:00 pm	7	8 Music with Jim Cianello 11:00 am	Golf Lessons 12:00 pm
	10 Happy Mother's Day!	11 Accordion Music with Ursula 11:00 am Mother's Day Celebration— Strawberry Shortcake 12:30 pm, \$2.00	Red Hawk Casino Trip (Leave MH at 7:00 am) Reservations required.	13	14	15 Birthday Party! Music and Dancing with Fred Schulze 11 am Blood Pressure Screening 9:30 am	16 Golf Lessons 12:00 pm
	17 Duplicate Bridge 12 pm	18 Movie Matinee "Bedtime Stories" 1:00 pm	19	20	21 Blood Glucose & Cholesterol Screening 10am Portraits of the Past 1:15 pm SALA (by appt.)	22 Music with Jim Cianello 11:00 am Health Insurance Counseling (by appt)	23
	24	25 Senior Center Closed! Memorial Day!	26 Table Mountain- Casino Trip (Leave MH at 7:30 am) Reserva- tions required.		28	29	31 Lion's Club Breakfast 8:00 am-12:00pm

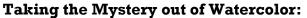


#### **Portraits of the Past** May 21 at 1:15 pm in the Senior Café

Are you interested in history, fashion, or comedy? This live performance presented by History San Jose is visually stunning, educational, historically accurate, and amusing. The friendly, fun loving, and talented museum volunteers make these programs an entertaining and educational view of days gone by in Santa Clara Valley!



#### Want to try some of our new classes? Here's a sampling of some of our latest!



Have fun while learning about technique, color, composit ion and design.

**Session 1:** 6/9-6/30 Tue, 6:30-8:30 pm **Session 2:** 7/7-7/28 Tue, 6:30-8:30 pm For information and to register, please go to the front desk in the Senior Lobby.

#### Mediterranean Flavors of Italy Cooking Class:

Reward yourself with an evening learning to cook a heart healthy gourmet Italian meal!

**Session 1:** 6/23 Tue, 6:00-8:00 pm **Session 2:** 7/28 Tue, 6:00-8:00 pm Space is limited. To register, please go to the front desk in the Senior Lobby.

#### **Recipe Club:**

Come and exchange your favorite recipes and indulge in a delicious lunch representing the chosen theme of the month.

**Ongoing class:** 1st Tuesday of each month, 12-2 pm

\$5.00 monthly **Drop-In:** 

#### Home Safety Presentation

#### May 5th, 11:15 am - in the Senior Cafe

Your home should be a safe haven from the world outside, but even the coziest nest can hold hidden perils. Come learn about what Occupational Therapists can do to keep you safe at home.

Dust off those dancing shoes and come to our

some competition!

Ballroom Dance Party on June 5 from 7-10 pm! For anyone needing a refresher course in ballroom

dancing or for any beginners wanting to learn, come at 6:30 pm for lessons! Price is \$8 per person. DI Foley will be spinning great tunes. Let's give "Fred and Ginger"

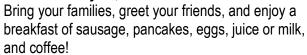


Want to Travel....see the Front Desk for Information regarding upcoming trips, sponsored by Collette Travel!

#### Announcing "Coffee with the Mayor"!

Would you like to chat and visit with Mayor Steve Tate? Come and voice any concerns you may have or just enjoy a cup of coffee with the mayor. May 1st at 11:00 am in the Senior Café.

#### Lions' Club Breakfast May 31. 8:00 am - 12:00 am



Adults: \$6 Seniors (60+): \$3 Child (3-12): \$3 Tickets are sold at the door. Bring any old prescription eyeglasses for recycling.

#### Double Lucky 7 Adventures are going to Red Hawk Casino on Tuesday, May 12th!

Price: \$25 per person (Comps are announced at the Casino)

Reservations and payment are required.

**Loreal Lewis** Send to: 9900 Guibal Avenue

Gilroy, CA. 95020

Information: 408 461-0729

#### **Lucky travelers are going to Table Mountain** on Tuesday, May 26th!

Price: \$25 per person

Reservations and payment are required.

FOR MORE INFORMATION AND TO RESERVE SPACE

CONTACT: PHYLLIS DEVINE - 408 779-4262

May Birthdays! Let's celebrate this month on Friday, May 15 at 11 am in the Senior Café

Audrey Aguilar Norma Alegre Anthony Bettencourt Irene Clark Yukie Dwan Rocky Farano Lucena Hagos



Bernice Lawrence Mary Luna David Lupton Yuko Nakao Therese Wylde Al Simmons Teri Swan



# CENTENNIAL RECREATION SENIOR CENTER NEWS 171 W. EDMUNDSON AVE. MORGAN HILL, CA 95037



"A place where older adults thrive as members of an aging friendly community."

#### TAKE A LOOK AT THE FREE SERVICES AT OUR CENTER!

#### **Senior Adult Legal Assistance**:

Available on the **2nd Wednesday** of every other month and the **3rd Thursday** of every other month by appointment only (next appointments, May 21, June 10, July 16, & August 12); 1:30 -3:30 pm. (Legal counsel in Spanish available on the 3rd Thursday.)

#### **Health Insurance Counseling:**

Available on the **4th Friday** of the month by appointment only (next appointments, May 22 & June 26); 9:00 am-noon.

## **Dementia Caregiver Support Group:**

Available on the **1st Friday** of each month at 2:00 pm and the **1st Tuesday** of each month at 6:00 pm; next meetings are May 1 & May 5. Facilitated by Tiffany Mikles, Dementia Care Coach.

#### **Blood Pressure Screening:**

Available on the **3rd Friday** of each month from 9:00 - 11am; next screenings are May 15 and June 19. Facilitated by Donna Bell of Catholic Charities Daybreak Respite Program.

## **Blood Glucose & Cholesterol Screening:**

Available on the **3rd Thursday** of the following months from 10:00-12:00.; next screenings are May 21 and June 18. Facilitated by Sister Rachaela of St. Louise Hospital.

**Information and Referral**: The Senior Center provides information and referral regarding services and assistance to Seniors in the South County. Please call the center at 782-1284 between 8:00 am and 3:00 pm.

## Wanted! Volunteers in the Senior Café and Front Lobby Would you like to help in a social

environment while adding a much needed helping hand? Would you like to greet our Café diners or visitors, help set up or clean up? Contact us at 782-1284.

Don't forget to mark these special dates on your calendar!

May 5: Cínco De Mayo Celebration; 11 am in the Senior Café!



May 11: Celebrate Mother's Day with Strawberry Shortcake! 12:30 pm in the Senior Café(\$2)

Outreach Transportation: Outreach will provide seniors, who are unable to use public transportation, with rides to their required destination. Transportation to the Senior Café is provided at no cost. Applications at the Senior Center Desk. 782-1284.

### Hours: 8:00 am-3:00 pm

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